



National Park Service
U.S. Department of the Interior

Cuyahoga Valley
National Park

Mailing Address:
15610 Vaughn Road
Brecksville OH 44141
Visitor Center:
1550 Boston Mills Road
Peninsula, OH 44264
www.nps.gov/cuva

Cuyahoga Valley National Park News Release

For Immediate Release – Tuesday, December 10, 2013

Mary Pat Doorley, CVNP, 440-546-5995, 440-343-7355 (cell), or mary_pat_doorley@nps.gov

Winters Sports Fun Available in Your National Park

Brecksville, Ohio –When it snows, come on over to Cuyahoga Valley National Park (CVNP) to enjoy cross-country skiing and snowshoeing! Our Winters Sports Center, located within Kendall Lake Shelter, offers winter equipment rental and instruction. The center will be open on the following dates only when there are at least four inches of snow. It may be open additional days during heavy snowfall. Saturdays and Sundays, December 7 through 22 and January 4 through February 23; daily, December 26 through 31; and the holidays of January 20 (Martin Luther King, Jr. Day) and February 17 (Presidents' Day), 9:30 a.m. - 4:30 p.m. Call 330-657-2752 for current snowfall depth.

There must be at least four inches of snow for snowshoe rental and six inches of snow for cross-country ski rental. Equipment for adults and children is available at the Winter Sports Center. Fees: snowshoe rental \$5 (full day); ski rental \$15 (full day) and \$7.50 (3 hours).

Snowshoes can also be rented at Boston Store Visitor Center, Monday through Friday, 10 a.m. to 4 p.m. Saturdays and Sundays, 9:30 a.m. to 5 p.m. Fees: snowshoe rental \$5 (full day).

Want to learn to cross-country ski? All classes are led by Park Ranger/Certified Ski Instructor Paul Motts. In addition to the scheduled workshops below, there may be additional classes offered when there are favorable skiing conditions of at least 6 inches of snow. To register call 330-657-2752.


Scheduled Cross-Country Ski Workshops:

Saturdays, December 28, January 4 or 11, or February 1

Beginning Cross-Country Ski Workshop

Learn the basics of cross-country skiing at the beginning workshop, held with or without snow. Free ski time will follow approximately 2 hours of instruction. Dress for the weather. Participants are encouraged to bring their own equipment; a limited supply will be provided on a first-come, first-served basis. Fee: \$10 with own equipment, \$15 with 3-hour rental. Kendall Lake Shelter, 9:30 a.m. - 12:30 p.m.

-more-



Saturdays, January 11 or February 8

Handling Hills

Learn the important skills needed to cross-country ski on hills and novice trails. Dress for outdoor instruction and bring your own equipment. If there is no snow, this workshop will be rescheduled based on instructor availability and favorable snow conditions. Fee: \$10. Kendall Lake Shelter, 2 - 4 p.m.

Saturday, January 25

Ski Preparation

Whether you have waxable or non-waxable skis, there are certain preparation methods that can help protect your skis and allow for maximum performance. Learn some important aspects of cross-country ski preparation and get a chance to prepare your own skis. Fee: \$10. Kendall Lake Shelter, 1 - 3:30 p.m.

Saturday, February 15

Intermediate Workshop

This workshop is designed for intermediate skiers with a good wedge or snowplow. Learn a variety of intermediate skiing techniques. Come prepared with your own equipment, ready for outdoor instruction. If there are unfavorable snow conditions, this workshop will be rescheduled based on instructor availability and proper snow conditions. Fee: \$10. Kendall Lake Shelter, 1:30 - 3:30 p.m.

Kendall Lake Shelter/ Winter Sports Center is located on Truxell/ Kendall Park Road, 2 miles west of Akron Cleveland Road, Peninsula 44264.

Boston Store Visitor Center is located at 1550 Boston Mills Road, east of Riverview Road, Peninsula 44264.

CVNP encompasses 33,000 acres along the Cuyahoga River between Cleveland and Akron, Ohio. Managed by the National Park Service, CVNP combines cultural, historical, recreational, and natural activities in one setting. For more information visit www.nps.gov/cuva or call 330-657-2752.

-NPS-